

## HOURS OF OPERATION

M-F 8 am-4:30 pm, Sat 10 am-4 pm

## SPECIAL EVENTS (Schedule subject to change)

- **Lincoln Heritage Life Insurance Information Table**  
Monday, February 5, 10:30 am - 12 pm in Lobby
- **Long Beach Health Department Healthy Active Food**  
Tuesday February 6, 10:30 am - 11:30 pm in Room 108
- **BLACK HISTORY MONTH - "TASTE OF SOUL"**  
Thursday, February 8, 10 am - 11 am in Café
- **Valentine's Day Celebration**  
Friday, February 9, 1 - 3 pm in Room 108
- **Krafts with Rosetta**  
February 12, 10 am - 12 pm in Room 108
- **Mardi Gras Dessert**  
February 13, 10:30 - 11 am in Lobby
- **HAIRCUTS - Caremore in Lobby**  
Wednesday, February 14, 10:30 am - 12 pm
- **Nail Polish Day in Room 108**  
Thursday, February 14, 10:30 am - 12 pm
- **Chinese New Year—Year of the Dog- Craft in Room 108**  
Thursday, February 15, 10:30 - 11:30 am
- **MONDAY, FEBRUARY 19 - FACILITY CLOSED**
- **BLACK HISTORY MONTH - "THE MOTOWN SHOW"**  
Friday, February 23, 1 pm - 3:30 pm Auditorium
- **Lincoln Heritage Life Insurance Information Table**  
Monday, February 26, 10:30 am - 12 pm in Lobby
- **CareHand Massage in Room 108**  
Tuesday, February 27, 10:30 am - 12 pm



- **ore- Information Table in Lobby**  
Wednesday, February 28, 10:30 am - 12 pm

**Check Out the Friendly Cup Café Specials this Month  
CELEBRATE BLACK HISTORY MONTH**

## DAILY ACTIVITIES

### Monday—Friday

8 am-2 pm Friendly Cup Café Open to All Ages  
8 am-4 pm Billiards, Table Tennis, Games & Cards  
10 am-2 pm Gift & Thrift Shop/Library Open  
12 pm H.S.A. Senior Lunch \$

### Monday, Wednesday & Friday

10 am, Food Finders

### Monday-Wednesday

7-9 pm, Round Dance \$

### Monday-Thursday

8 am-7 pm, Fitness Gym

### Every Friday

8 am - 3 pm, Fitness Gym

### Every Tuesday

9:00 am, Cal Fresh Representative

### Every Tuesday

10:00 am, Tai Chi Moving for Better Balance

## City of Long Beach Department of Parks, Recreation & Marine, Community Recreation Services



# February 2018



## Long Beach Senior Center

*The Place Where Fun Begins!*

1150 E. 4th Street, Long Beach, CA 90802 (562) 570-3500



## SENIOR CITIZEN ADVISORY COMMISSION MEETING:

**Wednesday, February 21  
9 AM - Room #202**

MON	TUE	WED	THU	FRI	SAT
<b>AARP INCOME TAX PREPARATION</b> TUES, THURS & FRI 8:30 AM - 2 PM FEB. 1 - APRIL 18 ROOM 202	<b>Black History Month</b>  <b>"TASTE OF SOUL"</b> Friendly Cup Café Thursday, February 8 10-11 AM	<b>Special Programs</b>  <b>"MOTOWN SHOW"</b> Auditorium Friday, February 23 1-3:30 PM	8 Senior Striders 1 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10:30 Senior Striders 1 Tai Chi 1 Beg. Weaving 5:30 ZUMBA \$	9 Tap Dance Class 2 9 Reading Group 9:30 Body Works 10 Lapidary 10:30 Chair Weights 1 Moving Easy Exercise	10 Lapidary 3 10 Gray Panthers Meeting 11 Bingo 11:30 ZUMBA Gold \$
8 Wood Carving 5 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy Exercise 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	8 Senior Striders 6 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10:30 Senior Striders 1 Social Dance Class \$ 1 Tai Chi 1 Sing Along	8 Brown Bag 7 8 Wood Carving 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy Exercise	8 Senior Striders 8 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10:30 Senior Striders 1 Karaoke Café 1 Tai Chi 1 Beg. Weaving 5:30 ZUMBA \$	9 Tap Dance Class 9 9 Reading Group 9:30 Body Works 10 Lapidary 10:30 Chair Weights 1 Moving Easy Exercise	10 Lapidary 10 11 Bingo 11:30 ZUMBA Gold \$ 12 Red Hats Society \$
8 Wood Carving 12 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy Exercise 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	8 Senior Striders 13 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10:30 Senior Striders 1 Social Dance Class \$ 1 Tai Chi 1 Sing Along	8 Wood Carving 14 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy Exercise	8 Senior Striders 15 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10:30 Senior Striders 1 Tai Chi 2 Beg. Weaving 5:30 ZUMBA \$	9 Tap Dance Class 16 9 Reading Group 9:30 Body Works 10 Lapidary 10:30 Chair Weights 1 Moving Easy Exercise	10 Lapidary 17 11 Bingo 11:30 ZUMBA Gold \$ 11:30 Filipino American Club Monthly Dance 12 Round Dance Clinic \$
<b>FACILITY CLOSED</b> <b>President's Day</b>	19 8 Senior Striders 20 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10:30 Senior Striders 1 Social Dance Class \$ 1 Tai Chi 1 Sing Along	8 Brown Bag 21 8 Wood Carving 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy Exercise	8 Senior Striders 22 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10:30 Senior Striders 1 Karaoke Café 1 Tai Chi 1 Beg. Weaving 5:30 ZUMBA \$	9 Tap Dance Class 23 9 Reading Group 9:30 Body Works 10 Lapidary 10:30 Chair Weights 1 Moving Easy Exercise	9 OC Food Bank 24 10 Lapidary 11 Bingo 11:30 ZUMBA Gold \$
8 Wood Carving 26 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy Exercise 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	8 Senior Striders 27 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10:30 Senior Striders 1 Social Dance Class \$ 1 Tai Chi 1 Sing Along	8 Wood Carving 28 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy Exercise 6:30 NABA Meeting	<b>Happy Valentine's Day</b>		